

## Clinical study to evaluate the Preventive, Promotive and Cosmetic benefits of Katu Taila Pratimarsha Nasya

Pal S<sup>1\*</sup>, Shukla U<sup>2</sup>, Thakur S<sup>3</sup>

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<sup>1\*</sup> Shilpa Pal, Post Graduate Scholar, Department of Swasthavritta and Yoga, Rajiv Gandhi Government Post Graduate Ayurvedic College and Hospital, Paprola, Himachal Pradesh, India.

<sup>2</sup> Umesh Shukla, Professor and HOD, Department of Swasthavritta and Yoga, Rajiv Gandhi Government Post Graduate Ayurvedic College and Hospital, Paprola, Himachal Pradesh, India.

<sup>3</sup> Shalini Thakur, AMO, Department of Swasthavritta and Yoga, Rajiv Gandhi Government Post Graduate Ayurvedic College and Hospital, Paprola, Himachal Pradesh, India.

**Background:** Ayurveda emphasizes the importance of Dinacharya (daily regime) and Ritucharya (seasonal routine). Both of these are crucial for promoting optimal health and preventing sickness. According to Ayurveda everyone should follow a daily routine in order to live a healthy and disease-free existence. Nasya is an essential regimen that is explained in the context of Dinacharya. Nasya Karma is the procedure where by medicines in various forms are administered through the nose. It could be decoction, oil or powder. The medication that is administered by the nose enters the channels and influences Shira by nourishing it and eliminating the accumulated Dosha. This study aims to evaluate the efficacy of Katu Taila Pratimarsha Nasya on preventing and promoting health among apparently healthy individuals.

**Material and Methods:** Thirty individuals were included in this trial and all assigned to a single group. The Katu Taila Pratimarsha Nasya treatment was given to the subjects for 30 consecutive days, administered in the evening before sunset which corresponds with the Vata Dosha natural aggravation. A quantity of two Bindu drops was administered to each participant's nostril.

**Results:** On self-developed scale based on symptomatic effect of Pratimarsha Nasya. It was found highly effective ( $p < 0.001$ ) in Sukhama Prabodhashcha (waking up refreshed) and Sroto Vishuddhi (lightness in upper region).

**Conclusion:** The administration of Katu Taila Pratimarsha Nasya has demonstrated a significant and moderate improvements. It suggests that Katu Taila Pratimarsha Nasya can be a valuable adjunctive therapy for maintaining health and preventing illness.

**Keywords:** Ayurveda, Katu Taila, Pratimarsha Nasya Karma, cosmetology

### Corresponding Author

Shilpa Pal, Post Graduate Scholar, Department of Swasthavritta and Yoga, Rajiv Gandhi Government Post Graduate Ayurvedic College and Hospital, Paprola, Himachal Pradesh, India.  
Email: [palshilpa68@gmail.com](mailto:palshilpa68@gmail.com)

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## Introduction

*Ayurveda* has mainly two aims - Its primary goal is to prevent and promote health and secondly to treat illness.[1] For each *Ritu* (season), *Ayurveda* recommends a different diet and lifestyle to achieve these objectives which helps in maintaining the proper health of individual.

The ideal daily regimen or *Dinacharya*, is regarded as one of the foundations for maintaining good health. That's why every *Ayurvedic Grantha* includes a detailed description of *Dinacharya* and *Ritucharya*. *Nasya*, which involves administering medicated oils or powders through the nasal passage, is one of the key practices included in *Dinacharya*. [2] According to *Acharya Vagbhata*, *Nasa* is the only route to the head. [3]

Therefore, any medication which is administered through the nose has the potential to directly affect the head. [4] As part of the *Dinacharya* procedure, *Pratimarsha Nasya* is a type of *Nasya* that should be performed every day. This version of *Nasya* is said to be the most convenient and well-tolerated. [5] *Acharya Bhavprakash* has mentioned that *Katu Taila* is used daily as a procedure of *Pratimarsha Nasya*. [6]

In recent years, due to excessive screen time specially before bed and late night shifts sleep patterns are disturbed and make it difficult to waking up refreshed leads to heaviness in upper region (*Urdhva-jatrugata*), less energy and focus to the work. Moreover, there has been a growing concern about the increasing number of young adults experiencing *Vyanga* (Melasma), *Akalpalitya* (Premature greying of hairs) and *Vali* (wrinkles). Currently, these are the most pressing problems which affects the external beauty. As a preventive measure regular practice of *Katu Taila Nasya* leads to improve in symptomatic effects such as prevention from premature greying of hairs, appearance of chloasma and wrinkles over face. Therefore *Nasya Karma* can be used for cosmetic purpose which helps in enhancing natural glow of skin.

As a promotive aspect it leads to smooth functioning of sense organs and lightness in upper region. [7] To achieve these benefits of *Katu Taila*, it was chosen as a drug for *Nasya Karma*. In this study we have used final prepared *Murchitta Katu Taila*.

Keeping in mind the above concept, this research work had been planned with an aim to understand preventive, promotive and cosmetic properties of *Katu Taila Pratimarsha Nasya* that can enhance overall health and quality of life and clinically observing it.

## Materials and Methods

### Study Design

**Sampling:** Simple random sampling

**Study duration:** 30 days

**Sample size:** 30

**Study sample:** Apparently healthy volunteers were randomly selected from O.P.D. of Swasthavritta, R.G.G.P.G. Ayu. College & Hospital, Paprola, Distt. Kangra (H.P.) - 176115.

**Intervention:** *Katu Taila Pratimarsha Nasya*

**Procedure timing:** *Sayankala* (before sunset)

**Study schedule:** Two *Bindu* of *Katu Taila* in each nostril every evening (before sunset) as a daily regimen for 30 days

**Bindu:** It is defined as the total quantity of collected *Taila* that dribbles down when the first two digit of index finger (proximal and middle phalanges) are dipped in to *Taila*. [8]

**Consent:** Written and informed consent of apparently healthy volunteers was taken before inclusion in the trial.

**IEC Approval No.:** AYU/IEC/2022/1318

**CTRI Registration No.:** CTRI/2023/05/052768

### Inclusion Criteria

1. Volunteers willing for trial.
2. Age group 18-60 years irrespective of sex, race, religion and socioeconomic status.

### Exclusion Criteria

1. Volunteers not willing for the trial.
2. Volunteers below 18 years and above 60 years.
3. Volunteers having any associated chronic ailments like Pregnant and Lactating mothers, Diabetes mellitus, Cardiac disorders, Dyslipidaemia, Renal disorders, Alcoholic liver disease.
4. Pregnant and lactating mothers.

## Observation and Results

In the present study, total 30 volunteers were randomly selected among which all volunteers completed the study. The observation of volunteers was carried out before and after the completion of trial for 1 month.

### Criteria for assessment

The results of therapy were compared before and after the trial using a self-developed scale based on *Katu Taila Pratimarsha Nasya* symptomatic effects. This criterion was selected from *Bhava Prakash Purvardha Khnda*.<sup>[9]</sup> Following symptomatic effects are taken in the criteria:

1. *Sugandha Vадnah* (Absence of foul smell)
2. *Vimalendriya* (Smooth functioning of sense organs)
3. *Vali* (Wrinkles)
4. *Palitya* (Greying of hairs)
5. *Vyanga* (Chloasma)
6. *Sukhama Probodhashcha* (Awaken freshly)
7. *Sroto Vishudhi* (Lightness in upper region)

## Results

For statistical analysis of the trial, subjective parameters were accessed with "Wilcoxon Sign Rank Test". P value less than 0.05 ( $p < 0.05$ ) was considered statistically significant and  $p$  value  $< 0.01$  was considered moderately significant.

### Assessment on the basis of symptomatic effects of *Katu Taila Pratimarsha Nasya*.

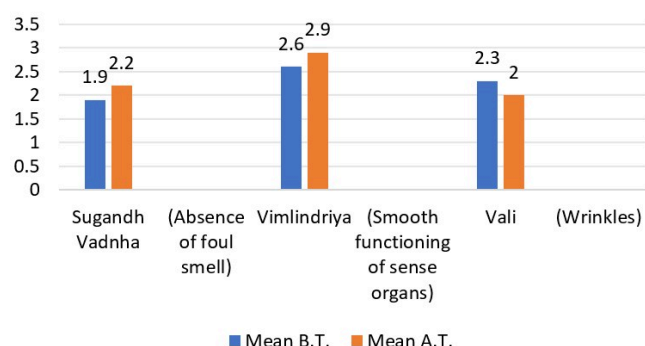
This scale was self-developed as a seven-point criteria containing following features, for the assessment of symptomatic effect of *Katu Taila Pratimarsha Nasya*.

A Statistical representation of symptomatic effects (1-3) of *Katu Taila Pratimarsha Nasya* for 30 days in 30 apparently healthy volunteers.

**Table 1:** Shows the mean B.T., A.T., P-value and their significance for symptoms in 30 A.H.V.

SN	Symptomatic effects	Mean B.T.	Mean A.T.	P value	Significance	% Change
1.	Sugandha Vадnah (Absence of foul smell)	1.9	2.2	0.004	Moderately Significant	15.78%
2.	Vimalendriya (Smooth functioning of sense organs)	2.6	2.9	0.004	Moderately Significant	11.53%
3.	Vali (Wrinkles)	2.3	2	0.008	Moderately Significant	15%

**Effect of *Katu Taila Paratimarsha Nasya* in 30 apparently healthy volunteers on symptomatic effects(1-3)**

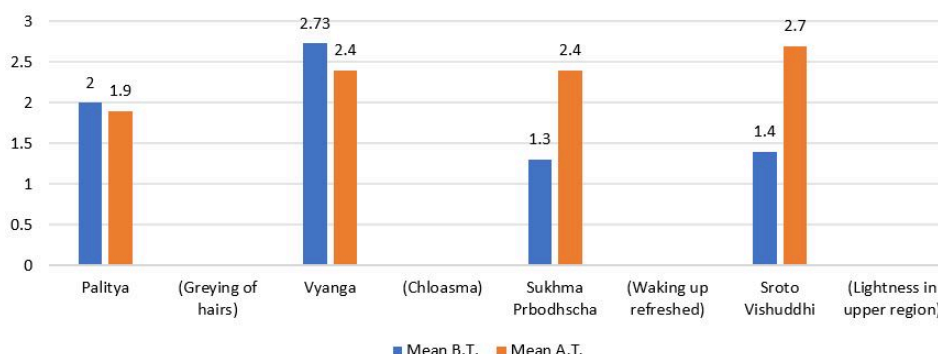


A Statistical representation of symptomatic effects(4-7) of *Katu Taila Pratimarsha Nasya* for 30 days in 30 apparently healthy volunteers

**Table 2:** Shows the mean B.T., A.T., P-value and their significance for symptoms in 30 A.H.V.

SN	Symptomatic effects	Mean B.T.	Mean A.T.	P value	Significance	% Change
4.	Palitya (Greying of hairs)	2	1.9	0.063	Insignificant	5.26%
5.	Vyanga (Chloasma)	2.73	2.4	0.004	ModeratelySignificant	13.75%
6.	Sukhama Probodhashcha (Waking up refreshed)	1.3	2.4	<0.001	Highly Significant	84.61%
7.	Sroto Vishudhi (Lightness in upper region)	1.4	2.7	<0.001	Highly Significant	92.85%

**Effect of *Katu Taila Paratimarsha Nasya* in 30 apparently healthy volunteers on symptomatic effects(4-7)**



## Discussion

### Discussion on assessment by symptomatic effects of *Pratimarsha Nasya*.

Out of 30 registered volunteers, it was observed that *Pratimarsha Nasya* with *Katu Taila* showed highly significant results in 2 symptoms and other 5 showed moderately significant results out of seven.

**1) Sugandha Vadnah (Absence of foul smell):** A15.78% improvement was observed in the absence of foul smell, which is statistically moderately significant. It might be because *Kapha Dosha* is linked to excessive mucus production that leads to bacterial growth in the mouth and *Katu Taila* has the qualities of *Jantughana* and *Kapha Shamaka*. Moderately significant results shows that foul smell might be also associated with another etiological factors like gut-related disturbances etc.

**2) Vimalnidriya (Smooth functioning of sense organs):** 11.53% improvement was observed in smooth functioning of sense organs, which is statistically moderately significant. It might be due to the fact that *Kapha Dosha* which is responsible for *Srotorodha*, *Amajanyata* and the production of excess mucus. These all leads to sluggishness. *Katu Taila* pacifies the *Kapha Dosha* which helps to remove excess mucus and opens up the channel, allowing for clear transmission of sensory organs and promoting healthy organ function but as the dose and duration was less for complete *Shodhana* of *Kapha Dosha* this parameter shows moderately significant results.

**3) Vali (Wrinkles):** Wrinkles were improved by 15% which is moderately significant. This may be due to the fact that *Snigdha Guna* of *Katu Taila* possesses moisturizing qualities that can aid in hydrating the skin and plumping up fine lines and wrinkles, but moderately significant results show that nutritional factors, healthy lifestyle and minimizing the excessive use of chemical-based cosmetics should be taken into consideration along with more time and continuity of *Nasya Karma*.

**4) Palitya (Greying of hairs):** Greying of hairs was improved by 5.26%, which is insignificant. Poor nutrition, excessive use of chemicals and unhealthy life style might be the reason for this premature greying. Prioritizing results may require consideration of these factors along with more time and continuity of the *Nasya Karma*.

**5) Vyanga (Chloasma):** The effect of *Katu Taila Pratimarsha Nasya* on chloasma was 13.75% which is moderately significant. In this age group the main reason may be the use of excessive chemical-based cosmetic products and unhealthy lifestyle which needs to be corrected along with, only then we can anticipate more prioritizing results.

**6) Sukhama Probodhashcha (Awaken freshly):** Waking up refreshed was improved by 84.61%, which is highly significant. It might be because the *Vata Dosha* pacifying property of *Katu Taila* promotes sound sleep along with the pacification of *Kapha Dosha*, which reduces *Ama* and *Guruta* in the body. As individuals sleep soundly at night, it promotes a sense of freshness in the morning.

**7) Sroto Vishudhi (Lightness in upper region):** 92.85% improvement was observed, which is highly significant. This may be because heaviness is due to the vitiation of *Kapha* and *Vata*; the vitiated *Vata* reaches the *Shirah*, which is the seat of *Kapha* and cause the *Stambhana* by virtue of its *Sheeta Guna* and also by *Avarana*. *Katu Taila* diminishes the effect of *Sheeta Guna* by its *Katu Vipaka* and Pacification of *Vata* which restores the normal functioning of *Kapha*.

### Discussion on Probable mode of action of *Katu Taila Pratimarsha Nasya*

In *Ayurveda*, it is considered that *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava* are the pharmacodynamic properties by which the drugs act over the body. These factors acts at the level of *Dosha* and breaks the "*Dosha Dushya Sammurchhana*" (Pathogenesis) by their alleviating and aggravating actions. In all these factors *Prabhava* is of special type and is known as "*Achintya Shakti*" or "*Achintya Virya*" as the action of this factor is unknown. In fact, if the action of the drug could not be recognized then we consider that this particular disease was overcome by "*Prabhava*". In present study drug used for *Pratimarsha Nasya* was *Katu Taila*. The following properties of *Katu-Taila* make it advantageous for *Nasya*.

**Suksma-Srotonusari:** *Katu-Taila* being *Sukshma Guna* enters in the minutest channels of the body and it also get absorbed easily.

**Sroto-Nisodhayati:** It clears the channels of the body by removing *Ama* (toxic substances) from the body and therefore promoting a sound sleep.

This property is owned to its *Ushna*, *Tikshana Guna*.

**Vataghna - Uttomamm:** Vata imbalance can lead to sleep disturbances and affect the quality of sleep. Because of *Snigdha Guna* and *Ushna Veerya* of *Katu Taila*, it pacifies *Vata Dosha* in the body.

*Ushna Guna* of *Katu Taila* has also '*Viliniyam Kurvanti*' property hence it softens and liquifies the morbid *Doshas* and expel out through *Nasya Karma*.

## Conclusion

Two drops of *Katu Taila* as *Pratimarsha Nasya* in bilateral nostrils once a day (evening hours) for a period of 30 days is found highly effective ( $p < 0.001$ ). On two parameters of self-developed scale based on symptomatic effect of *Pratimarsha Nasya*. i.e., *Sukhama Prabodhashcha* (waking up refreshed) and in *Sroto Vishudhi* (lightness in upper region). Other five parameters showed moderately significant ( $p < 0.05$ ) i.e. on *Vali* (wrinkles), *Palitya* (greying of hair), *Vyanga* (Chloasma), *Sugandha Vadnah* (Absence of foul smell) and *Vimalnidriya* (Smooth functioning of sense organs). This evidence leads to the conclusion that integrating *Katu Taila Pratimarsha Nasya* into our daily routine serves as a preventive and promotive measure. It also helps person to attain good looks which in turn boosts one's sense of wellbeing and self-worth, contributing to mental health. The cosmetic procedures provided by *Ayurveda*, particularly *Nasya* are safe, simple to use on a regular basis and economic. *Ayurveda* advantage is that it addresses the underlying cause of the illness, which results in a long-lasting or permanent solution. In today's fast-paced world, where time is of the essence *Katu Taila Pratimarsha Nasya* is a very effective and efficient wellness treatment that provides a multitude of advantages in a fairly brief amount of time. In Addition, it is safe and easy-to-use process that can be readily performed at home without the need for an expert.

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